

Charts of Nutrient Constituents of Some Common Tropical Foods

Nos. 1 and 2. Protein, fat and carbohydrate content and caloric value of

(a) cereals; (b) starchy roots; (c) legumes; (d) nuts; (e) vegetables; (f) oils; (g) animal flesh or product.

The length of each horizontal bar represents the total percentage of nutrient material in the edible part of the named food; the balance to 100 per cent is water content, e.g. groundnut 80 per cent nutrient and 20 per cent water.

No. 3. Percentage of daily requirement of calcium and/or iron contained in 100 grammes of certain foods.

No. 4. Percentage of daily requirement of each of the principal vitamins contained in 100 grammes of certain foods.

No. 5 High vitamin content of certain other foods; as in Chart 4, except for 50 gramme quantity.



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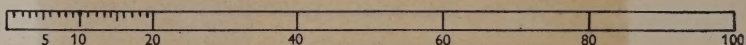
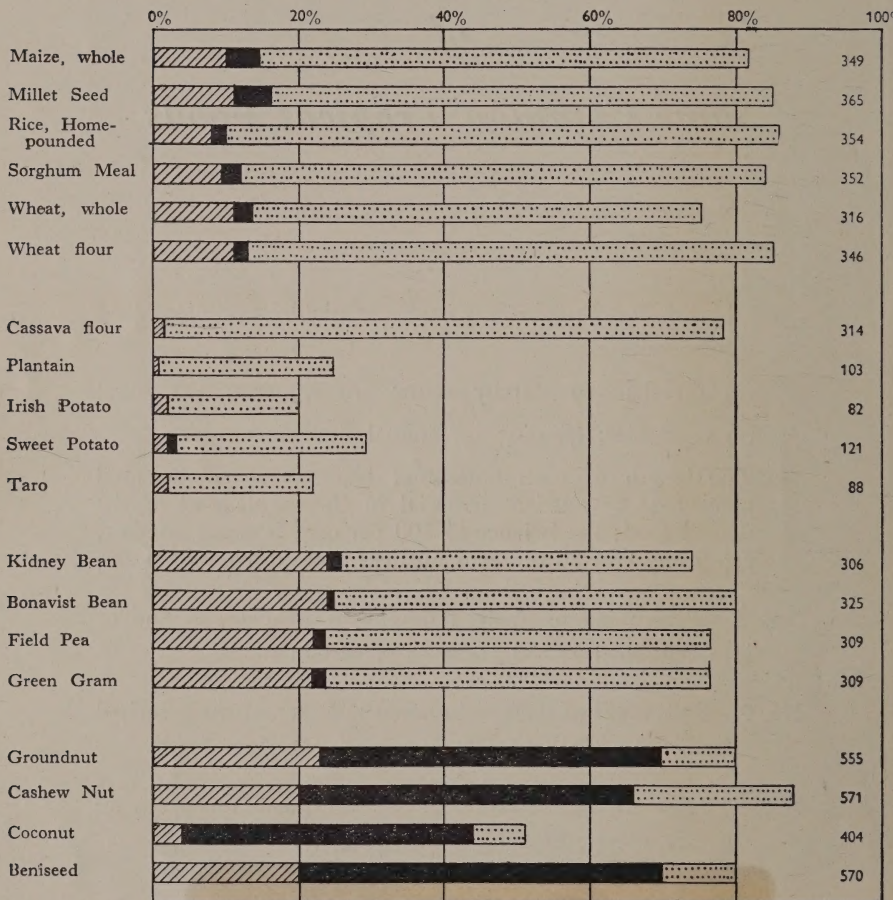
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Chart 1

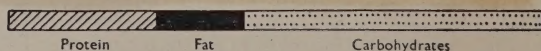
PROTEIN, FAT AND CARBOHYDRATE CONSTITUENTS IN COMMON FOODS

Percentage of constituents per 100 grams (3½ ozs.)
of edible portion of food.

Energy value (calories) of 100 grams of each food.



Scale of Percentages



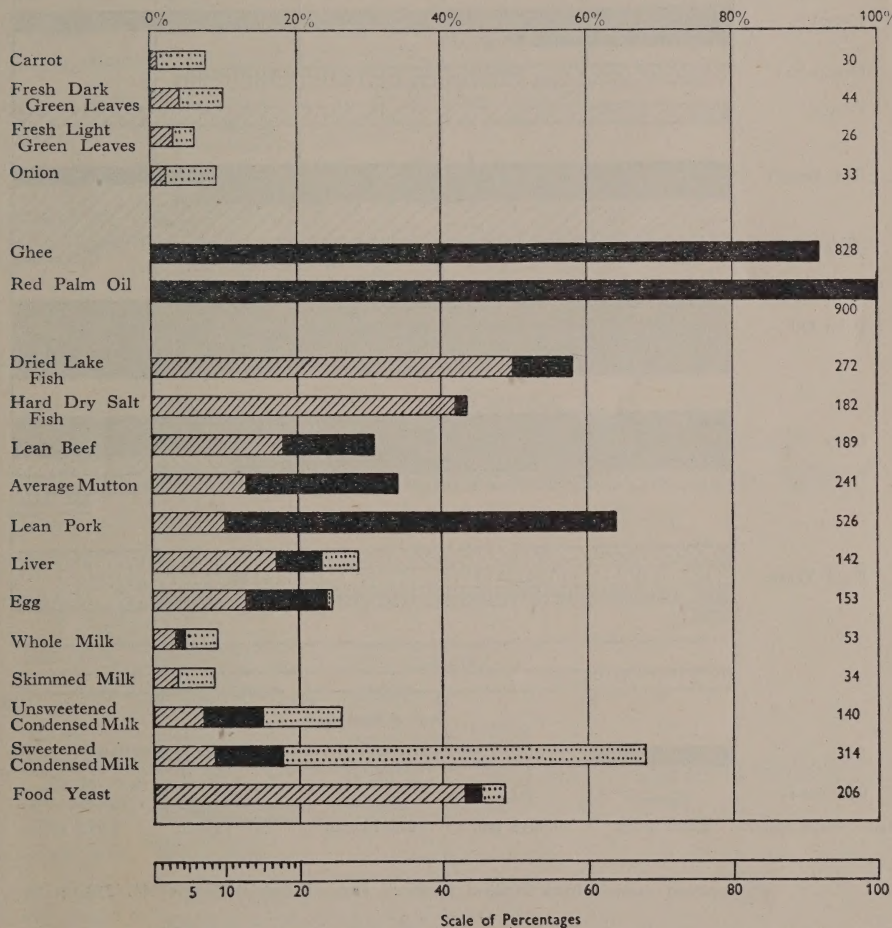
An agricultural worker requires daily a quantity of food
which has an energy value of from 2,800 to 3,000 calories.
(Information derived from Medical Research Council Special Report No. 253.)

Chart 2

PROTEIN, FAT AND CARBOHYDRATE CONSTITUENTS IN COMMON FOODS

Percentage of constituents per 100 grams ($3\frac{1}{2}$ ozs.)
of edible portion of food.

Energy value (calories) of 100 grams of each food.



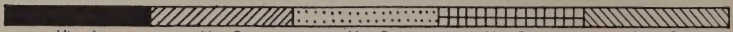
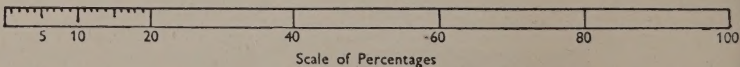
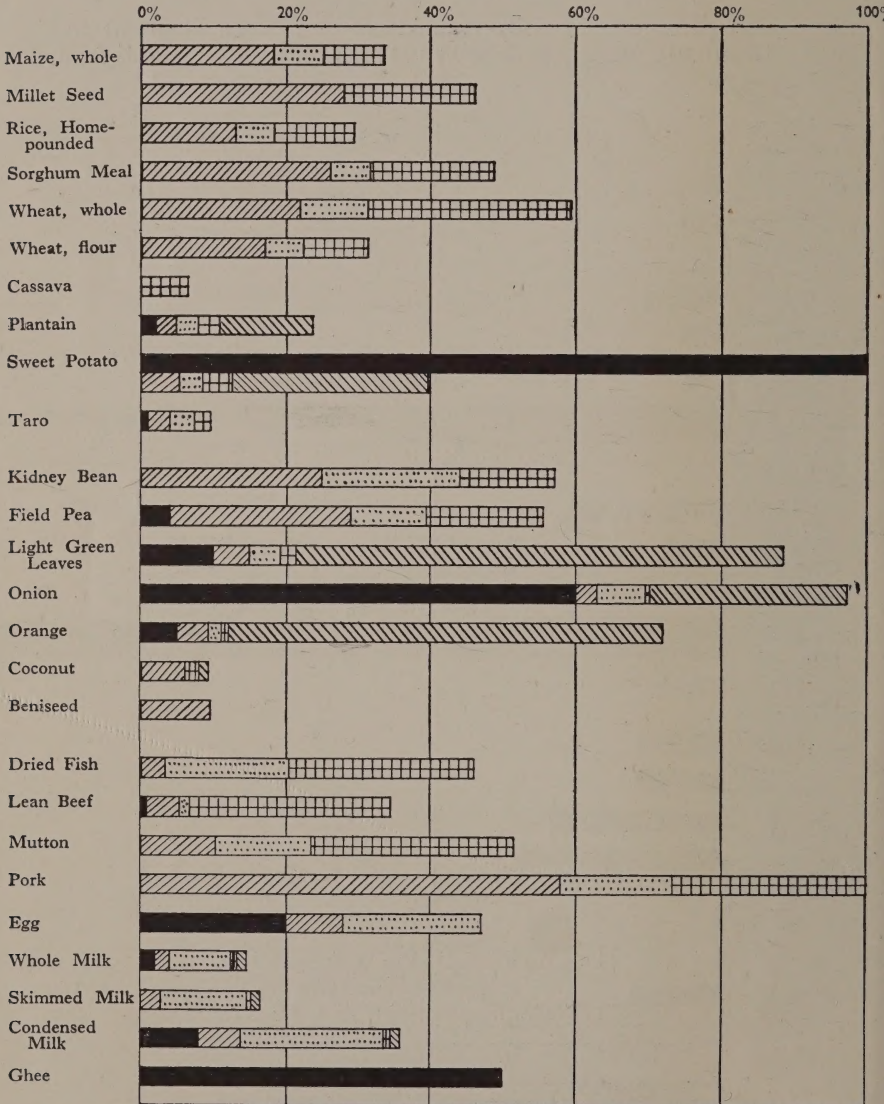
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Chart 4

VITAMIN CONSTITUENTS OF COMMON FOODS

Percentages of daily requirements of the principal vitamins contained in 100 grams (3½ ozs.) of edible food.



Vitamin :

Carotene

Vit. B₁

Thiamin
0.0018 gm.

Vit. B₂

Riboflavin
0.0018 gm.

Vit. B₂

Niacin
0.0018 gm.

Vit. C

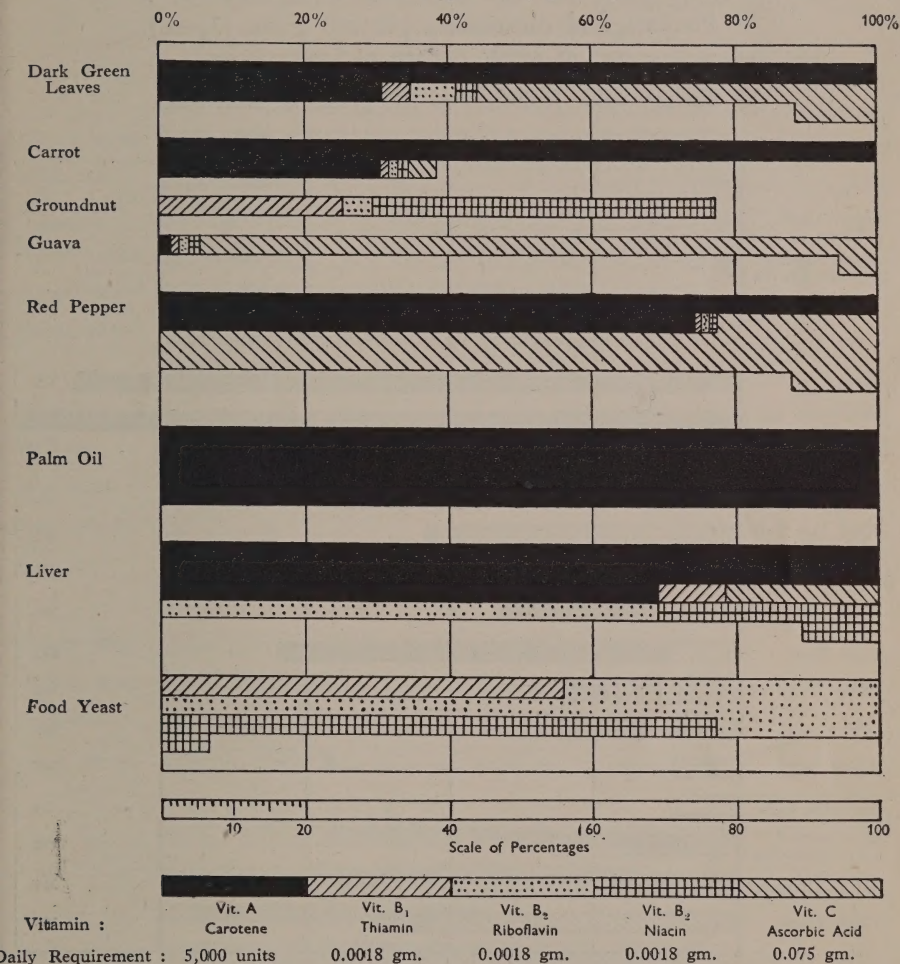
Ascorbic Acid
0.075 gm.

Daily Requirement : 5,000 units

Chart 5

FOODS HAVING CONCENTRATION OF VITAMINS

Percentages of daily requirements of the principal vitamins contained in 50 grams ($1\frac{3}{4}$ ozs.) of edible food.



(Information derived from Medical Research Council Special Report No. 253.)

INTERPRETATION.—Fresh dark green leaves (50 grams) contain 30 per cent more than the daily requirement of Vitamin A, 60 per cent of the daily requirement of Vitamin C and small amounts of Vitamins B₁ and B₂.

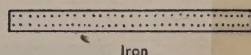
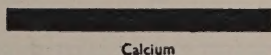
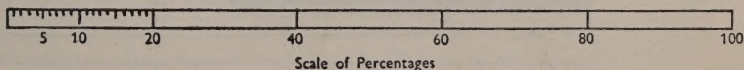
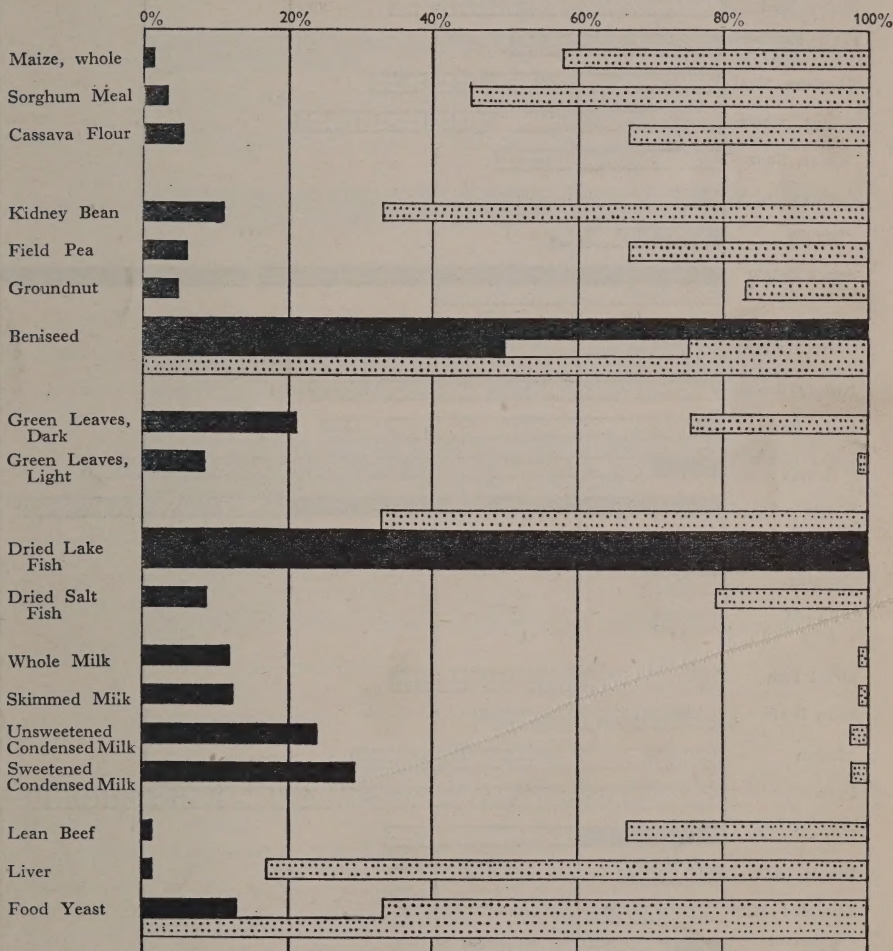
Palm Oil (50 grams) contains four times (400 per cent) the daily requirement of Vitamin A and no other vitamin.

Chart 3

SOURCES OF CALCIUM AND IRON

Principal foods containing these Minerals.

The percentage of daily requirement of calcium (1 gram) and iron (0.012 gram) contained in 100 grams ($3\frac{1}{2}$ ozs.) of edible food.



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